



## Early Head Start Newsletter

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### Kids-First Approach to H1N1 Flu Vaccinations

Since children are the prime spreaders of flu, researchers' at the University of Washington recommend children between **6 months** and 18 years of age be vaccinated first. Among all age groups from April 15-July 24, 2009 children less than 5 years of age had the highest H1N1 hospitalization rates and the second highest 2009 H1N1 incidence rates. Children less than 5 years of age also have high hospitalization rates from seasonal flu. The risk of severe complications from seasonal flu is highest among children less than 2 years of age. Infants **less than 6 months** of age are too young to receive the seasonal or H1N1 vaccine. Therefore, caregivers for these children constitute a high priority group for early vaccinations. Other groups at high risk are pregnant women and people with medical conditions. For weekly updates visit the [Center for Disease Control.](#)



### Early Childhood Mental Health in Early Head Start

If you missed the Early Childhood Mental Health webcast on September 10, you can view it on [ECLKC](#). This Webcast is designed to help all staff develop an increased understanding of early childhood mental health and resources that are available to help programs improve the quality and effectiveness of mental health services to children and families.

### Brain Development in Infants and Toddlers

At birth a newborn's brain is about 25 percent of its approximate adult weight. But by age 3, it has grown dramatically. The development of a child's brain takes many years; however there are things parents can do to help children get off to a good start. [Healthy Minds: Nurturing Your child's Healthy Development](#) provides age based information to parents that links research on child brain development and ways babies and toddlers grow and learn in the first 3 years. The information is age specific and each handout is based on findings from a report on the National Academy of Sciences that examined the research on child and brain development to establish what is known about the early years. Findings from the report suggest how parents may use key findings to nurture their own child's healthy development.

### Child Development and Positive Parenting

In the early years positive parenting is very important to a child. Your child is growing, developing, moving around and meeting new people. The following tips will help keep your child safe and learn new things in their environment:

- Encourage him to explore and try new things.
- Help to develop your toddler's language by talking with her.
- Keep reading to your toddler daily.
- Encourage your toddler's curiosity and ability to recognize common objects by taking field trips together to the park or a bus ride.

**Our Pledge:** The KY T/TA State Office pledges to provide timely, current, and interesting monthly newsletters for the Head Start and Early Head Start communities and others interested in the field. In keeping with our mission to be more "green," we will provide our easy to read newsletter via email. We would like to hear from you and encourage your suggestions for newsletter content. Contact the editor: Joyce Roach

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